



A Collection of Recipes

From Shepherd Valley Waldorf School's Treasured Early Childhood Classes and After School Programs



Introduction

Daily, weekly and yearly rhythms are the foundation upon which the early childhood classes are created. A grain is connected with and served for each day. Care is taken in the preparation and serving of our food. The table is set in a beautiful way with folded cloth napkins and lighted candles. We say a blessing with every meal.

*Hands together, hands apart,
Hands together, we are ready to start.
Earth, who gives to us this food;
Sun, who makes it ripe and good.
Dear Sun above and Earth below;
Our loving thanks to you we show.
And, we ask God's blessings on our
Meal, on our family, on our friends,
And on us.*



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BROWN RICE - Monday

Serves 20 Children

5½ cups brown rice

water to fill a rice cooker

¼ cup olive oil

1 stick butter

¼ cup braggs

Put rice, water and olive oil in rice cooker and cook according to the rice cooker's instructions.

When the rice is cooked through, add more olive oil if you like and stir in stick of butter and braggs.

Serve with toppings.

Toppings: nutritional yeast and spike



VEGETABLE BARLEY SOUP -Tuesday, fall and winter

Serves 20 children and 2 adults

1 cup orange lentils, or red split lentils (any lentils work)

1 cup barley

olive oil

1 onion, chopped

3-4 cloves of garlic, chopped

3-4 bay leaves (*otherwise known as 'Wishing Leaves'*)

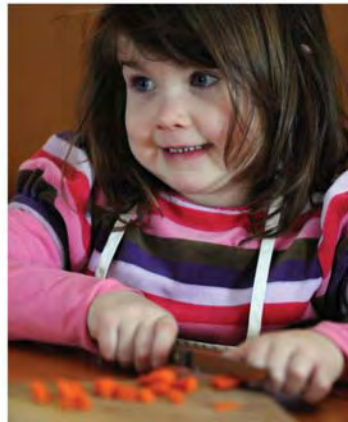
assorted vegetables, ½ inch dice, give or take (*contributed and chopped
by 20 or so children*)

½ of an 8 ounce carton miso (mellow rice, barley, red)

½ cup Braggs (see Sources and Notes, page 34)

Fill a big soup pot 1/3 full with water and bring to a boil. Add lentils, barley and bay leaves. Reduce to a gentle boil for 10-20 minutes.

Meanwhile, over medium heat, sauté onion and garlic in a skillet until soft. Add to soup. Continue to add vegetables as they are chopped. Simmer soup uncovered for 45 minutes. Remove 3-4 cups of hot broth from soup pot. Mix well with miso and Braggs. Add back to the soup just before serving.



FRUIT SALAD - Tuesday, Late Spring

3 cups filtered water
1 cup pearled barley
2 tsp vanilla
1 tsp cardamom
2 tsp cinnamon, plus more for sprinkling on top
¼ cup maple syrup
1 cup raisins
1 heaping cup vanilla soy yogurt
1 tablespoon lemon juice
honey to taste
assorted fruit chopped

Bring water to a boil in medium pot. Add barley, vanilla, cardamom, cinnamon and maple syrup. Cover and turn down heat to simmer. Cook until all water is absorbed. Immediately remove from heat and cool.

When the barley is cool, stir in chopped fruit, raisins, yogurt, lemon juice, and a bit of honey. Toss until thoroughly mixed. Sprinkle with cinnamon.

Topping: chopped almonds

MILLET - Wednesday

Serves 20 children and 2 adults

5 cups millet, rinsed thoroughly

20 cups water

1 tablespoon salt (more or less to taste)

½ cup olive oil

½ cup Braggs (optional)

Serves 4

1 cup millet

4 cups water

½ teaspoon salt (to taste)

1 tablespoon olive oil

1 tablespoon Braggs (optional)

Soak millet overnight (6 cups water per cup of millet). Drain and rinse. Combine with fresh water, salt and olive oil in a large pot and bring to boil. Cook over high heat until water boils, then lower heat to a simmer. Cover and cook until puffy and you can't hear the water boiling in the bottom of the pot, about 45 minutes. Remove from heat and add Braggs. Cover and let sit (time enough to walk to the Cottonwoods and back) until ready to serve.

Toppings: butter, sesame seeds, golden flax seeds, salt, nutritional yeast

Grind flax seeds either in a grain grinder, a food processor or a clean coffee grinder. Toast sesame seeds with salt in a skillet until they pop and, if you like, grind (when cooled) with a mortar and pestle.



OATMEAL - Thursday

Serves 20 children and 2 adults

20-22 cups water

7 cups oats

2 cinnamon sticks

1 cup maple syrup

2 teaspoons cinnamon

1 teaspoon cardamom

$\frac{1}{8}$ teaspoon ground cloves
(optional in winter)

$1\frac{1}{2}$ teaspoons salt

Serves 2-4

3-4 cups water

1 cup oats

1 cinnamon stick

$\frac{1}{4}$ cup maple syrup

$\frac{1}{4}$ - $\frac{1}{2}$ teaspoon cinnamon

$\frac{1}{8}$ teaspoon cardamom

a pinch ground cloves
(optional in winter)

$\frac{1}{8}$ teaspoon salt

Bring water to a boil in a large pot. Once boiling, slowly add oats and remaining ingredients. Turn heat down to a simmer. Cover and cook until water is absorbed, and it looks done, about 10 minutes, careful not to overcook. Let stand, covered, until ready to serve.

Toppings: butter, syrup, raisins, raw unsalted almonds (chopped)



BREAD - Friday

Enough for 20 children and 2 adults

¾ cups honey or maple syrup
5 cups warm water
2 packets (¼ oz.) yeast (4 teaspoons)
10-12 cups flour*
2 teaspoons salt
½ cup olive oil

Makes one loaf

3 tablespoons honey
1¼ cups warm water
½ packet yeast (1 teaspoon)
3-4 cups flour*
½ teaspoon salt
2 tablespoons olive oil

**flour may be 50% whole wheat flour and 50% whole wheat pastry flour or 50% spelt flour and 50% spelt pastry flour*

Combine honey, yeast and water in a large mixing bowl. Water should be warm-to-hot (if you cannot leave your finger in the water for five seconds, the water is too hot). Cover the bowl with a towel and leave for five minutes, until the yeast is dissolved and foamy.

Large batch: Add 2 cups of the flour to the bowl, whisking until well mixed. Add 2 more cups and stir well with a wooden spoon. Add just enough more flour so that the dough is the consistency of muffin batter, up to 2 more cups.

(recipe continued on the next page)

BREAD, continued

Small batch: Add ½ cup of the flour to the bowl, whisking until well mixed. Add ½ cup more and stir well with a wooden spoon. Add just enough more flour so that the dough is the consistency of muffin batter, up to ½ cup more. Cover the bowl with a towel and let rise in a warm spot for 30 minutes.

Stir in salt and olive oil. Incorporate enough more flour, a half cup to a cup at a time, so that the dough is moist, but not sticky (4-6 cups for the large batch, 1½ cups for the small batch). Flour a surface for kneading, using more flour as necessary. Knead dough until it's smooth, about 5 minutes.

Shape into loaves or little balls for rolls (three to a muffin cup) and put into greased pans or muffin tins. Cover with a towel and let rise again in a warm spot, about 45 minutes. Meanwhile, preheat the oven to 350 degrees.

Bake loaves for 40 minutes, smaller muffins for 15-20, or until golden brown.



BIRTHDAY CAKE

2 cups whole wheat pastry flour (or spelt pastry flour)	1 teaspoon cardamom
2 cup whole wheat flour (or spelt flour)	½ teaspoon allspice
1 tablespoon baking soda	½ teaspoon nutmeg
1 tablespoon cinnamon	1 jar applesauce (23 ounce jar)
1½ teaspoons salt	¾ cup oil
	¾ cup honey
	2 teaspoons vanilla

1 pint whipping cream and mixed fruit salad

Preheat oven to 350 degrees. Sift dry ingredients together. Mix wet ingredients in a separate bowl. Add wet ingredients to dry, stirring until fully incorporated. Pour into a greased bundt pan.

Bake at 350 for 40 to 50 minutes (check the cake after 40 minutes).

While cake is baking, whip the cream. When finished baking, let cake cool for 10 minutes before removing from pan. Serve with whipped cream and fruit salad.

The cake can be decorated with real flowers.

BIRTHDAYS - Birthdays are such special occasions for the young child. We often forget that it is all right to be simple. A rule I always used when my own children were young was to invite to the child's party the number of children equal to the child's age. For example, invite five friends for a fifth birthday. If the party falls on a day other than the child's birthday, it is nice to have a small celebration on your child's actual birthday to mark its importance.

—from Cindy Sudan, Sunflower Garden

Evening Verse for the Night Before:

*When I have said my evening prayers,
And my clothes are folded upon the chair,
When my parents switch off the light,
I will still be ____ years old this night.
But, from the very break of day,
Before the children rise and play,
Before the darkness turns to gold,
I will then be ____ years old.
____ kisses when I wake,
____ candles on my cake.*



HOLIDAY COOKIES

½ cup butter
¾ cup honey
1 teaspoon vanilla
2 teaspoons ground anise
2 cup whole wheat pastry flour
1 cup whole wheat flour
1 teaspoon baking soda

In a large bowl, blend butter and honey. Add vanilla and anise.

In a separate bowl, mix flours and baking soda. Add flour mixture to blended items, mixing well. Wrap dough in plastic and chill at least ½ hour or overnight.

Preheat oven to 375 degrees.

Roll out dough, adding enough flour to prevent sticking. Cut into desired shapes. Bake for 8 - 10 minutes, or until just turning golden at the edges.

Makes 3 - 4 dozen cookies.

HOT CROSS BUNS

$\frac{3}{4}$ cup lukewarm water
2 teaspoons plus $\frac{1}{4}$ cup honey, divided
2 packages active dry yeast
 $\frac{1}{3}$ cup milk (or half and half)
 $\frac{1}{2}$ cup shortening (butter or olive oil)
1 teaspoon salt
4-5 cups flour (50% whole wheat flour, 50% whole wheat pastry flour
or 50% spelt flour and 50% spelt pastry flour)
1 teaspoon cinnamon
3 eggs, lightly beaten plus one egg white
1 teaspoon vanilla
 $\frac{2}{3}$ cup dried currants (or raisins)
1 tablespoon cold water

Icing (optional)

$\frac{3}{4}$ cup powdered sugar, sifted
2 tablespoons water

Dissolve yeast in water and honey. Stir well, cover and set aside until yeast is dissolved and foamy, about 5 minutes.

HOT CROSS BUNS, continued

Heat milk and shortening to scalding (don't boil). Remove from heat and stir until lukewarm. Put in a large bowl and add honey and salt. Sift 1 cup of the flour with cinnamon. Add to milk mixture. Whisk well. Stir vanilla into lightly beaten eggs. Add to bowl and whisk again until smooth.

Add yeast mixture and currants, stirring well. Add enough of the remaining flour until dough is smooth, free of lumps and not sticky. Turn out on floured board and knead. Place in greased bowl and cover with towel for 90 minutes. Punch down and let rise again for 30 minutes.

Shape into 15-16 round buns placing each next to each other in a baking pan 13 x 9 x 2". Let rise (about 1 hour). Cut across each bun with a sharp knife making an 'X'.

Preheat oven to 375 degrees.

Beat egg white in tablespoon cold water and brush over buns. Bake 15 minutes, until brown. Combine sugar with water, one tablespoon at a time, to make a thick icing and spoon into cross on bun while still slightly warm.



THUMBPRINT COOKIES

1 cup almonds, ground in food processor to resemble flour
1 cup oats, ground in a food processor to resemble flour
1 cup whole wheat pastry flour (or spelt or rice flour)
¼ teaspoon cinnamon
½ cup maple syrup
½ cup olive oil
jelly of choice

Preheat oven to 350 degrees.

Combine ground almonds, ground oats, flour and cinnamon. Stir together maple syrup and oil before adding to dry ingredients.

Form dough into balls about the size of ping-pong balls and place on a cookie sheet, lined with parchment paper. Press thumb into the center of each ball of dough. Fill with a spoonful of jelly.

Bake for 12-15 minutes.

BANANA or PUMPKIN BREAD, *makes one large loaf*

3 cups flour (any combination of whole wheat, spelt, oat, etc.)

1 teaspoon baking powder

1 teaspoon baking soda

½ teaspoon salt

for pumpkin bread: 1 teaspoon cinnamon, ½ teaspoon ground ginger and
½ teaspoon allspice)

½ cup butter (one stick)

¾ cup honey for banana bread, 1 cup honey for pumpkin bread

1½ cups mashed banana *or* mashed pumpkin

2 eggs or “egg replacer”

1½ tablespoons vanilla

Preheat oven to 350 degrees. In a medium bowl stir together flour, baking powder, baking soda, salt (and spices for pumpkin bread). Set aside.

Melt butter in a small saucepan and stir in the honey and mashed pumpkin or banana. Once combined, stir into the dry ingredients. Add 2 eggs (or “egg replacer”) and vanilla, and combine well.

Put in an oiled bread pan and bake for one hour.



IRIS' FOOL PROOF PLAY DOUGH

3 cups flour
1½ cups salt
4 teaspoons cream of tartar
3 tablespoons cooking oil
2½ - 3 cups water
assorted food coloring (optional)

Mix the dry ingredients in a saucepan. Add water and cooking oil. Cook over medium heat, stirring for about three minutes or until the play dough pulls away from the sides of the pan. When cooled some, knead until smooth, adding food coloring if desired. Store in an airtight container.

BUBBLES

2 cups (16 ounces) Dawn (don't substitute with another brand)
¼ Karo syrup (light corn syrup)
4 cups water

Put in a jar or a bottle, shake well and let sit for 24 hours.





SOURCES and NOTES - all of these items are available at natural foods stores.

Braggs - Bragg Liquid Aminos is a Certified NON-GMO liquid protein concentrate, derived from healthy soybeans, that contains Essential and Non-essential Amino Acids in naturally occurring amounts

Golden Flax Seeds

Nutritional Yeast - Look for yeast that has been processed at low temperatures. Should be a light yellow color and dissolve easily

Miso – The Kindergartens use a variety of kinds of Miso. You'll find miso in the refrigerated sections of a natural foods stores

Spelt Flour and Whole Wheat Pastry Flour

Spike – Natural seasonings, herbs, vegetable powders and sea salt

Egg Replacer – Powdered egg substitute

Cooking Times and Proportions for Grains and Beans

<i>Grain (1 cup dry measure)</i>	<i>Water</i>	<i>Cooking Time</i>	<i>Yield</i>
Barley (whole)	3 cups	1 hour, 15 minutes	3½ cups
Brown rice	2 cups	1 hour	3 cups
Buckwheat (kasha)	2 cups	15 minutes	2½ cups
Bulgar wheat	2 cups	15-20 minutes	2½ cups
Cracked wheat	2 cups	25 minutes	2½ cups
Millet	3 cups	45 minutes	3½ cups
Polenta (coarse cornmeal)	4 cups	25 minutes	3 cups
Quinoa	2 cups	15 minutes	2½ cups
Whole wheat berries	3 cups	2 hours	2¾ cups
Wild rice	3 cups	1 hour or more	4 cups

Oats, peas, beans and barley grow.

Oats, peas, beans and barley grow.

Do you or I or anyone know?

How oats, peas, beans and barley grow.

<i>Grain (1 cup dry measure)</i>	<i>Water</i>	<i>Cooking Time</i>	<i>Yield</i>
Black beans	4 cups	1½ hours	2 cups
Black-eyed peas	3 cups	1 hour	2 cups
Garbanzos (chickpeas)	4 cups	3 hours	2 cups
Great northern beans	3½ cups	2 hours	2 cups
Kidney beans	3 cups	1½ hours	2 cups
Lentils and split peas	3 cups	45 minutes	2¼ cups
Lima beans	2 cups	1½ hours	1¼ cups
Baby limas	2 cups	1½ hours	1¾ cups
Pinto beans	3 cups	2½ hours	2 cups
Red Beans	3 cups	3 hours	2 cups
Small white (navy) beans	3 cups	2½ hours	2 cups
Soybeans	4 cups	3 hours or more	2 cups
Soygrits	2 cups	15 minutes	2 cups

Hint to determine the amount of grain for children:

(cups of water) + (cups of grain) = number of children

For example: 4 cups rice plus 8 cups water is enough to serve 12 children.

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ALLERGY FRIENDLY CONVERSIONS

Brown Rice, page 4: Recipe is gluten, egg and nut free. For dairy free: use Earth Balance instead of butter.

Vegetable Barley Soup, page 6: Recipe is nut, egg, dairy free. For gluten free: use gluten free miso (Eden Foods is a good source) and omit barley—can use rice instead.

Fruit Salad, page 8: Recipe is nut, egg, dairy free. For gluten free: omit barley and if you desire the chewy texture, you can add cooked pearl tapioca.

Millet, page 9: Perfect the way it is (without toppings)! Nut, dairy, gluten, egg free.

Oatmeal, page 11: Recipe is nut, dairy, egg free. For gluten free: be sure to use certified gluten free oats (Bob's Red Mill is a good source). Oats are gluten free but often processed on equipment shared with wheat which makes them contaminated.

Birthday Cake, page 16: Nut, dairy, egg free. For gluten free: substitute the wheat flour with equal amounts of gluten free baking mix of your choice and decrease baking soda by 1/2. Bella Gluten Free is a good option because she is local, cares about what we are putting into our bodies and it is dairy free (gluten free baking mixes contain other ingredients besides flour such as xanthan gum which replaces the gluten and baking soda/powder).

Banana or Pumpkin Bread, page 24: nut free. For dairy free, use Earth Balance instead of butter. For egg free, use egg replacer (Ener-G Foods is a source). For gluten free, replace the wheat flour with GF baking mix of choice and decrease the baking powder/soda by ½.

Play Dough, page 26: For gluten free, replace wheat flour with rice flour

Additional ideas and sources:

Gluten and dairy free **Thumbprint Cookies** by the Gluten Free Homemaker, recipe available at www.glutenfreehomemaker.com

Gluten and dairy free **Snickerdoodle Cookies** by Bella Gluten-Free, recipe and many allergy friendly mixes available at www.bellaglutenvfree.com

Delicious gluten, dairy and nut free **Bread Recipe** by the Gluten Free Goddess, recipe available at www.glutenfreegoddess.blogspot.com

Gluten, dairy and nut free **Hot Cross Buns** by the Baking Beauties, recipe available at www.thebakingbeauties.com



POST SCRIPT

The recipes in this collection all come from the notebooks and memories of our beloved kindergarten teachers, Gabriella Cervin and Denean Johnson in the Bluebell Garden; Cindy Sudan and Susan Siebenmorgen in the Sunflower Garden, and Iris Candea, guardian of aftercare and summer programs.

Even though we may never be able to match the glory of the snack time recipes as they are served in the Sunflower and Bluebell classrooms, we wish you good health and much fun as you try the recipes.

Thank you: to all the parents of the delightful and expressive children who enliven our classrooms and eat up all the snacks - we appreciate you and your children very much; to Chris Stark for his incredible photographs and for his quiet manner in the classroom; and to Kylie Booth for her unparalleled skill and care in providing us with allergy free conversions and ideas.

And, thank you Gabriella, Denean, Cindy, Susan, Iris, and all the other nurturing cooks who developed these recipes and bring such warmth, beauty and wisdom to the early childhood classrooms.

Affectionately yours,

Peggy Driscoll and in-house recipe tasters Hunter, Liam and Oliver

Please send any input about the recipes to peggydriscoll@mac.com - for the next edition.





Shepherd Valley Waldorf School

Shepherd Valley Waldorf School is a Pre-K - 8th Grade school that offers traditional Waldorf education, based on profound understanding of human development and reflected in a richly artistic and academic curriculum that responds to and enhances a child's developmental phases.